



USR Recreation Youth Triathlon 2010

Recommended Items to Bring

Swim:

- **Bathing suit**
- **Swimming goggles**
- **Towel**

Bike:

- **Bicycle**
- **Helmet - (mandatory)**
- **Number on front of shirt (mandatory)**
- **sneakers & socks**
- **gym shorts**
- **tee shirt**
- **sunglasses**
- **water bottle**

Run:

- **Sneakers/running shoes**

Participants should wear swim suit to race and put biking clothes over swim suit